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THE CONSCIOUS LIVING PROGRAM AT TMI - AUGUST 2012

The *Conscious Living Program* (CLP), August 17-20, 2012 at TMI, facilitated by Cam Danielson and Karen Malik (pictured below) is based on research findings into the long-term effects of participation in TMI programs. The program is designed to facilitate the personal integration of inner guidance for those who have outgrown their familiar life horizon.

The gift that is TMI is many things, but a consistent theme in the research for those who have attended multiple programs is the feeling of coming home. The support, love, humor, and companionship that is part of the TMI gestalt is hard to translate, and as a result, it easily becomes a private experience upon return to families and communities. And yet, what we carry inside of ourselves are the seeds of greater compassion, understanding, playfulness, and peace. How do we nurture these, give them the proper soil, care, and attention so that we see them grow in our lives? How do we live more consciously with the presence of inner guidance so that how we show up with others is consistent with our experience of our selves at TMI?

The Conscious Living Program provides a framework for a personal development practice built on autobiographical work, dialogue, and feedback. The red thread that runs through this process is the different focus levels. The practice is one of inner exploration and outer integration.

Some comments from graduates of this program over the last 2 years include:

“I perceive myself in a different place now (4 months later) . . . more calm, without the pressure to immediately address each issue that arises in my work. Because of this calm, I am listening more and this is taking my relationships with others to a new level. “

“The CLP was one of the most powerful experiences of my life. I came away with a deep sense of purpose and commitment to building a life in balance. I now feel more at ease, with a deeper sense of authenticity. “

“I have regained my sense of clarity and purpose since attending the CLP.”

“The CLP helped me move more fully into my purpose. I think many people want to know why they are here. They have an inner knowing and hunger for whatever it is that they are supposed to do with their lives, but can’t define just what it is. The program gave me a framework that I didn’t have before for discovering and working with my purpose.”

The CLP helps us build a practice for inquiring into the question, what do we do with our lives? It is a question we never finish once and for all, but as part of our practice to live more consciously it becomes the means for ongoing self-transformation.